

## CAREER SATISFACTION INDEX

This tool can be used to help your current job situation or you can use it to explore your own options. Rate each item from 1 to 5 on how important that item is to your hopes for a satisfying career, with 1 = awful, 2 = poor, 3 = neither good nor bad, 4 = good, 5 = excellent.

Job Being Rated	Rating	Comments
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1. Elements of Work		
a. Match to interests	1 2 3 4 5	
b. Match to skills	1 2 3 4 5	
c. Clear/realistic expectations	1 2 3 4 5	
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2. Elements of the Setting		
a. Pleasantness of work environment	1 2 3 4 5	
b. Easy to get to	1 2 3 4 5	
c. Area geography/ climate	1 2 3 4 5	
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3. Elements of the People & Coworkers		
a. Sense of a team	1 2 3 4 5	
b. Socialness of coworkers	1 2 3 4 5	
c. Shared interests	1 2 3 4 5	
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4. Opportunity for advancement		
a. Career ladder readily available	1 2 3 4 5	
b. Support from coworkers	1 2 3 4 5	
c. Mentor availability	1 2 3 4 5	
d. Resources for personal development	1 2 3 4 5	
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5. Elements of the Compensation		
a. Pay	1 2 3 4 5	
b. Benefits (health insurance, vacation pay, retirement, etc.)	1 2 3 4 5	
c. Perks	1 2 3 4 5	
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6. Other important areas		
a. Status with others	1 2 3 4 5	
b. Flexibility	1 2 3 4 5	
c. Independence	1 2 3 4 5	
d. Enjoyment of what you're doing	1 2 3 4 5	
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